

2023 WINTER PROGRAMS

WEILESLEY RECREATION DEPARTMENT

Something For Everyone!



REGISTRATION BEGINS @ 10AM ON DEC. 6 FOR RESIDENTS & DEC. 13 FOR NON RESIDENTS

Something for Everyone

@ Wellesley Recreation

The Wellesley Recreation Department offers programs year round and publishes seasonal brochures for fall, winter & spring/summer programs. Registration is held four times a year.

All Recreation Department programs are self-supporting. Fees charged for programs cover the cost of materials, pay instructor salaries and help defray other costs.

The Wellesley Recreation Commission consists of five elected members, who meet regularly to review policy and procedures. The Commission welcomes community input.

A Director, Deputy Director, Associate Director, Program Coordinator, two secretaries and custodians staff the Warren Building, home of the Recreation Department. Program instructors and part time employees are hired on a seasonal basis. We are always interested in speaking to potential instructors.

All park facilities are maintained by the Park & Tree of the Wellesley Department of Public Works.



Registration begins @ 10am on Dec. 6
for residents & Dec. 13 for non-residents.
Register online @ wellesleyrec.org

IMPORTANT TOWN NUMBERS

Recreation Dept.	781-235-2370
DPW	781-235-7600
Health Dept.	781-235-0135
High School	781-446-6290
Middle School	781-446-6235
Natural Resources Comm.	781-431-1019 ext 2290
Parks Dept.	781-235-7600 ext 2335
School Administration	781-446-6200

RECREATION DEPARTMENT STAFF

Matt Chin, CPRP	Director
Chad Norton, CPRP	Deputy Director
Jennifer Lawlor	Associate Director
Heidi Stapleton	Program Coordinator
Kris Bemis	Secretary
Matt Glick	Secretary

RECREATION COMMISSION

Paul Cramer	Chair
Mark Wolfson	Vice-Chair
John Lanza	Member
Laurence Stuntz	Member
Anthony Munchak	Member

WHO TO CONTACT

For field use, Summertime Concerts and any comments or concerns:

Email: Matt Chin [mchin@wellesleyma.gov]

All programs, Morses Pond and summer jobs at the beach:

Email: Jennifer Lawlor [jlawlor@wellesleyma.gov]

All programs, summer camp and summer camp counselor positions:

Email: Chad Norton [cnorton@wellesleyma.gov]

For Afterschool Programs, Teen Ctr., Middle School programs and beach:

Email: Heidi Stapleton [hstapleton@wellesleyma.gov]



INCLEMENT WEATHER: All classes (day and evening) will be cancelled when Wellesley Public Schools are closed. If Wellesley Public Schools have a delayed opening, all Recreation Department programs WILL STILL START at their regularly scheduled time, unless you are informed otherwise. In the event that we need to cancel evening or weekend events it will be listed on our website and a message will be left on our voice mail (781-235-2370). We will also attempt to call and/or email participants who have registered for these classes.

Wellesley Recreation is located at:
90 Washington Street, Wellesley, MA 02481
781-235-2370 | wellesleyrec.org | M - F: 8:30am - 4:30pm

General Information

Very important details!

GENERAL INFORMATION

Register for members of your immediate family only.

AGE POLICY

Children must be the proper age on the FIRST DAY of class.

PAYMENT

Non Residents add \$10 per course. Payments can be made by cash, VISA, MasterCard or by check payable to Town of Wellesley,

NOTE: There will be a \$25 additional fee for checks returned by the bank.

COURSE CANCELLATION

Classes that do not attain the minimum enrollment will be cancelled 48 hours prior to the scheduled start date. Full tuition will be refunded. We reserve the right to reschedule or change classes. You will be called if your class is cancelled, otherwise, plan on attending.

COURSE CONFIRMATION

If you provide your email address you will receive an email confirmation/receipt. If a class has reached its maximum enrollment, you can place your name on the waiting list by using the online registration system. If a class does not meet the minimum participant requirements, it will be cancelled and you will be notified. Otherwise, please plan on attending the course.

MAKE UP CLASSES

All attempts will be made to reschedule classes that have been cancelled due to inclement weather or instructor absence. We are not responsible for making up classes that are missed due to the participants' inability to attend.

SWITCHING/CHANGING CLASSES

Switching sessions, dates, or classes constitutes a withdrawal from a class and a cancellation fee applies.

REFUND POLICY

If a program meets more than 4 times, you will receive a refund minus a \$20 admin fee if you notify the Rec. Dept. prior to the second class. No refunds or credits anytime after the second class.

If a program meets 4 or fewer times, or meets for five consecutive days (ie. camps, vacation programs, skiing), you will receive a refund minus \$20 admin fee if you notify the Rec. Dept. five business days before the start of the class. (Please note, camp refund minus a \$25 admin fee for KinderCamp, Camps Joey, Q, Adventure and CIT Program.) No refunds/credits anytime after five business days before the start of the class.

COOKING CLASSES

No refunds for cooking classes if you withdraw 3 business days or less before the first class. Withdrawal from a cooking class 4 business days or more before the 1st class, there will be a \$20 administrative fee.

CLASS SPECIFIC REFUND POLICY

Please note that there may be a specific refund policy for a particular class. The specific policy information will be noted in the class description or in a text box near the class description.

A FULL REFUND WILL BE GIVEN FOR A CANCELLED CLASS



PARTICIPANT PHOTOGRAPH POLICY

Periodically the Recreation Department photographs/video tapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Recreation Department will use photographs/ videotapes for their promotional purposes.

Online Registration @ wellesleyrec.org

The Wellesley Recreation Department encourages everyone to register for programs online if possible. However, online registration spaces will be limited, which will allow those who do not have easy access to a computer to register using other methods. You will be required to have a username and password in order to utilize the online registration. If you need assistance, please call the Recreation office during regular hours (M-F, 8:30am - 4:30pm). We HIGHLY recommend that you sign in to the online system a few days before registration to make sure that your account is working properly.

All registrations, both online, by phone and walk-in, will be entered directly into our registration system. Should you choose to walk in or phone in, it may take a little longer and your patience would be appreciated.

Wellesley Recreation is located at:

Warren Building, 90 Washington Street, Wellesley, MA 02481 • 781.235.2370



Registration begins @ 10am on Dec. 6 for residents & Dec. 13 for non-residents.
Register online @ wellesleyrec.org

Town Sports Information

Scouting Information



WELLESLEY YOUTH BASEBALL
& SOFTBALL / wellesleyybs.org



WELLESLEY YOUTH FOOTBALL
wellesleyyouthfootball.com



WELLESLEY YOUTH FIELD HOCKEY
wellesleyyouthfieldhockey.com



WELLESLEY YOUTH HOCKEY
wellesleyyouthhockey.org



WELLESLEY UNITED SOCCER
wellesleysoccer.org



WELLESLEY BOYS LACROSSE
wellesleyboyslacrosse.com



WELLESLEY GIRLS LACROSSE
wellesleygirlslacrosse.com



WELLESLEY SWIM ASSOCIATION
wellesleyswim.org



WELLESLEY YOUTH BASKETBALL
wellesleybasketball.org



MEN'S SLOPITCH SOFTBALL
jrussell@ddjcap.com



CUB SCOUT PACK 140 / wellesleypack140.org
Boys & Girls in grades K - 5 from Hardy and the Wellesley community. Outdoor activities several weekends per month



CUB SCOUT PACK 185 / pack185wellesley.org
Boys & Girls in grades K - 5 from Bates and the Wellesley community. Outdoor activities several weekends per month



SCOUTS BSA TROOP 185 / mytroop185.com
Boys in grades 5-12 from meet Monday evenings @ St. Paul's Church. Boy led adventures, service, & leadership to earn Eagle Scout.



SCOUTS BSA TROOP 182 / troop182.org
Boys & Girls in grades 5 - 12 meet Sunday evenings @ Wellesley Hills Congregational Church. Youth led outdoor activities, fun, life skills, teamwork, and service.



WELLESLEY GIRL SCOUTS
wellesleygs@gmail.com
facebook.com/wellesleygirlscouts
Girls in grades K-12. Builds girls of courage, confidence and character, who make the world a better place.



Registration begins @ 10am on Dec. 6 for residents & Dec. 13 for non-residents. Register online @ wellesleyrec.org



- Follow us on Facebook: facebook.com/recwellesley
- Follow us on Instagram: instagram.com/recwellesley
- Sign up for our weekly emails: wellesleyrec.org. You don't want to miss a thing!



MUSIC TOGETHER

Act. #121303 | Ages 0-5 | @ Warren Building* | Instructor: Music Together Staff | 7 weeks | Min 6/Max 12

Discover the joy of family music making! Music Together is about connecting-with music, with your child, and with other families in your community. Playful and enriching, it's 45 minutes of fun (for everyone!) with benefits that extend far beyond the classroom. Parents and caregivers, regardless of musical ability, create a stimulating and rich environment that supports overall development. We provide you with the tools and resources you need (songbooks, guides and a handy app for parents) to continue the music-making at home, so you can nurture your child's musical growth and realize the amazing benefits of music all the time, anytime. Please note: there is a \$40 materials fee due on or before the first day of class for our exclusive materials (illustrated songbook, a CD, and an access code to sync your music with our "Hello Everybody" app). **(SKIP DAY: 1/16, 2/20)**

S#	Age	Day	Times	Date	Price
01	0-5	Mon	9:30-10:15am	Jan 9 - Mar 6	\$220
02	0-5	Mon	10:30-11:15am	Jan 9 - Mar 6	\$220

RHYTHM KIDS

Act. #121304 | Ages 4-7 | @ Warren Building | Instructor: Music Together Staff | 7 Weeks | Min 6/Max 12

Sing, drum, play games and have fun in our unique drumming program for children ages 4-9. Children integrate and assimilate rhythm by learning multicultural drumming patterns, developing new repertoire on various percussion instruments, learning music-reading readiness, exploring movement and dance while singing songs and, by playing fun, music-based games. Families receive a songbook, a CD, access to online materials, drumming tutorials and video play-alongs. Featuring the African djembe, all activities are designed to increase their musical knowledge and abilities. Please note: there is a \$40 materials fee due on or before the first day of class for our exclusive materials (songbook, CD and access code to sync your music with our "Hello Everybody" app along with access to online tutorials). **(SKIP DAY: 1/16, 2/20)**

S#	Age	Day	Times	Date	Price
01	4-7	Mon	4:30-5:15pm	Jan 9 - Mar 6	\$220

SHOWTIME

Act. #122305 | Grades K-1 | @ Warren Building | Instructor: Cindy Wright | 9 Weeks | Min 6/Max 10

The show must go on! Children will sing, dance and act to bring a story to life. Time at each class will be spent learning songs, dances and dialogue working toward a performance at the last class. Acting exercises and theater games will be included. Children will wear costumes and use props (provided by instructor). The children will be assigned equitable, age appropriate roles to play. They should dress comfortably and bring a water bottle. Class is appropriate for children who read. NOTE: Plays for each session of "Showtime" are chosen based on children enrolled, so children won't do the same play twice. **(SKIP DAY: 2/21)**

S#	Grade	Day	Times	Date	Price
01	K-1	Tue	4:40-5:50pm	Jan 3 - Mar 7	\$180

INTRO TO THEATER

Act. #122303 | Grades K-1 | @ Warren Building | Instructor: Cindy Wright | 5 Weeks | Min 6/Max 10

Children will develop acting, musical and dance skills as they prepare for a short theatre performance at last class. They will wear costumes and use props (provided by instructor). Class is appropriate for non-readers and beginner readers.

S#	Grade	Day	Times	Date	Price
01	K-1	Tue	3:30-4:30pm	Jan 03 - Feb 14	\$156

LITTLE BAKERS

Act. #123700 | Ages 3.10-5 | @ Warren Building | Instructor: Diane Benson | 5 Weeks | Min 4/Max 8

Kids in this class will learn the basic steps to baking! With fun-to-make recipes from pizza to tasty treats, kids will satisfy their taste buds while learning math skills, science and teamwork! In addition to being fun, fixing your own food can help develop self-esteem and can turn fussy eaters on to new foods! Eggs and dairy will be used in this class. Please note on the registration form if your child has any food allergies. **(SKIP DAY: 2/24)**

S#	Age	Day	Times	Date	Price
01	3.10-5	Fri	1:30-2:45pm	Jan 6 - Feb 3	\$270
02	3.10-5	Fri	1:30-2:45pm	Feb 17 - Mar 24	\$270

THE SCIENCE OF BAKING: Kid-Made Bread from Scratch!

Act. #123701 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | One Day Class | Min 6/Max 10

Not only is baking a good way to learn new skills, but it is also SCIENCE! Every ingredient has a purpose, they work together to create meals and tasty treats. Together we will make bread from scratch and learn how flour gives it structure, yeast makes it rise and a lot more.

S#	Age	Day	Times	Date	Price
01	5-10	Wed	1-3pm	Mar 15	\$72
02	5-10	Wed	3:45-5:45pm	Mar 15	\$72



REGISTRATION
BEGINS @ 10am

Residents:
12/6/22

Non-Residents
12/13/22



LITTLE CHEFS

Act. #123798 | Ages 3-10 | @ Warren Building | Instructor: Kelly Barry | One Day Classes | Min 6/Max 10

Little Chefs is the perfect opportunity to get your budding chefs into the kitchen, creating healthful masterpieces and learning skills and techniques! We focus on making delicious food with attention to making healthy choices and indulging in some treats. We provide the food, and the supplies and the experience. The finished product goes home with your chef to share with the family. Safety is our top priority at Little Chefs. We prescribe to a strict set of COVID and kitchen-safe guidelines, while still having fun and learning!

S#	Age	Day	Times	Date	Price
01	3-5	Sat	10-11am	Jan 7	\$30
02	5-10	Sat	11:30am-12:30pm	Jan 7	\$30
03	3-5	Sat	10-11am	Feb 4	\$30
04	5-10	Sat	11:30am-12:30pm	Feb 4	\$30
05	3-5	Sat	10-11am	Mar 4	\$30
06	5-10	Sat	11:30am-12:30pm	Mar 4	\$30

MAKE IT, BAKE IT, TAKE IT!

Act. #123711 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | 5 Weeks | Min 6/Max 10

Using cooperation, math skills and following simple directions, "young bakers" will create their own special tasty treats. Join this class and experience the delicious reward for exploring the creative possibilities of baking! In addition to being fun, fixing your own food can help develop self-esteem and can turn fussy eaters on to new foods. If you have taken a class with Diane before, don't worry, recipes are not repeated!!! Eggs and dairy will be used in this class. Some possible baking activities include: pizza, cookies, muffins, & pasta. Please note on the registration form if your child has any food allergies. (SKIP DAY: 2/24)

S#	Age	Day	Times	Date	Price
01	5-10	Fri	3:30-5pm	Jan 6 - Feb 3	\$270
02	5-10	Fri	3:30-5pm	Feb 17 - Mar 24	\$270

BUDDING ARTIST & A BUDDY

Act. #121401 | Ages 1.5-4 | @ Warren Building | Instructor: Beth Meditz | 11 Weeks | Min 5/Max 10

Your child and Buddy will both enjoy creative fun together. Perceptual and social skills are enhanced while each child engages in unique hands on and hands in experiences. Budding Artists will create their own artwork that expands thinking and learning skills. They will explore a wide array of inspiring materials. Bring a take-it-home bag! Wear mess around clothes. It's amazing what your young one can do! (SKIP DAY: 2/23)

S#	Age	Day	Times	Date	Price
03	1.5-4	Thu	12:15-1:15pm	Jan 5 - Mar 23	\$291

AWESOME ART

Act. #121432 | Ages K-4 | @ Warren Building | Instructor: Beth Meditz | 9/11 Weeks | Min 5/Max 10

Get "unplugged" with "Hands on" and "Hands in" ART activities! Sometimes messy, sometimes not, but always fun and creative! At each class, Artists will be presented with a starter base and develop their own vision of their creations by choosing from a wide array of inspiring and unusual materials. Abstract and Realistic works are created in a relaxed, yet exciting atmosphere. Wear mess around cloths and show up with your creative mind! New projects!. (SKIP DAY: 1/16, 2/20, 2/21, 2/22)

S#	Age	Day	Times	Date	Price
01	K-4	Mon	4:30-5:30pm	Jan 9 - Mar 20	\$238
02	K-4	Tue	4:30-5:30pm	Jan 3 - Mar 21	\$291
03	K-4	Wed	4:30-5:30pm	Jan 4 - Mar 22	\$291

PAINTING & DRAWING MODERN MASTERPIECES

Act. #121424 | Ages 7-16 | @ Warren Building | Instructor: D'Ann Hanson | 5 Weeks | Min 4/Max 8

In this class students will produce timeless work that will be cherished for years. These large 16 x 20 pieces of art painted on archival paper are sure to find a home on your walls! Young students use professional tools and nontoxic acrylic paints. Students gain an appreciation for different artists while learning various techniques through step-by-step visual demonstrations. The sunny Art Studio at the Rec. Center provides a perfect creative oasis! More information on D'Ann can be found at her website at dannhansen.com. (SKIP DAY: 2/21, 2/22, 2/23, 2/28, 3/1, 3/2)

🐾 Please note that D'Ann's dog, Mason the Corgi, will be in the classroom.

S#	Age	Day	Times	Date	Price
01	7-12	Tue	4-6pm	Jan 3 - Jan 31	\$295
02	7-12	Wed	4-6pm	Jan 4 - Feb 1	\$295
03	13-16	Thu	4-6pm	Jan 5 - Feb 2	\$295
04	7-12	Tue	4-6pm	Feb 14 - Mar 28	\$295
05	7-12	Wed	4-6pm	Feb 15 - Mar 29	\$295
06	13-16	Thu	4-6pm	Feb 19 - Mar 30	\$295



**REGISTRATION
BEGINS @10am**

**Residents:
12/6/22**

**Non-Residents
12/13/22**



POTTERY & WHEEL THROWING

Act. #121409 | Ages 7-16 | @ Warren Building | Instructor: Ramune Jauniskis | 5/6 Weeks | Min 3/Max 4

In a relaxed and creative environment kids will learn hand building and wheel throwing techniques while having fun and sharpening their motor skills. Creative ideas will be presented for inspiration and kids will work on the suggested projects or projects of their own choosing. All pieces will be kiln fired. Please bring a box to class on the last day to bring work home in as well as a smock for the famous surprise project. Price includes all materials and firing. To learn more about Ramune please visit: addictedtomermaids.blogspot.com. No refunds for pottery, sewing and fantasy fairy houses classes if you withdraw 3 business days or less before the first class. Withdrawal from a pottery, sewing or fantasy fairy house class 4 business days or more before the 1st class, there will be a \$20 admin fee. (SKIP DAY: 2/22, 2/23)

S#	Age	Day	Times	Date	Price
01	7-16	Wed	2:30-4:30pm	Jan 4 - Feb 1	\$222
02	7-16	Wed	2:30-4:30pm	Feb 15 - Mar 29	\$260
03	7-16	Thu	4-6pm	Jan 5 - Feb 2	\$222
04	7-16	Thu	4-6pm	Feb 16 - Mar 30	\$260

GLASS FUSING SESSION - After School

Act. #121436 | Ages 10-16 | @ The Glass Bar/Needham | Instructor: The Glass Bar Staff | 4 Weeks | Max 4

We're going to cover a lot during this session. Our first session will cover basic skills such as cutting, grinding, and designing. Each week, we will learn and incorporate new techniques into our designs. Each week, we will learn and incorporate new techniques into our designs. Students will spend the following weeks building on their designs to create an 11 x 8 fused glass masterpiece that can be used as a functional plate, or a stunning suncatcher. Great for beginners.

S#	Age	Day	Times	Date	Price
01	10-16	Thu	3:30-5pm	Jan 5 - Jan 26	\$225
02	10-16	Thu	3:30-5pm	Mar 2 - Mar 23	\$225

GLASS FUSING CLASS - Half Day

Act. #121437 | Ages 10-16 | @ The Glass Bar/Needham | Instructor: The Glass Bar Staff | One Day Class | Max: 4

Each session will begin with a thorough glass safety lesson. Then, students will learn basic glass fusing techniques such as cutting and grinding of glass and working with frit. Students will each receive a 4x4 glass base tile that they will design to their liking. The final result can be used as a functional coaster, or a decorative suncatcher. Great for beginners.

S#	Age	Day	Times	Date	Price
01	10-16	Wed	1-2:30pm	Jan 11	\$50
02	10-16	Wed	1-2:30pm	Mar 01	\$50

CREATIVE SEWING

Act. #121452 | Ages 7-10 | @ Warren Building | Instructor: Ramune Jauniskis | 5/6 Weeks | Min: 3/Max: 6

Ramune Jauniskis, author of *Tiny Worlds in Fabric*, brings her popular sewing class to the Wellesley Recreation Department. Students will learn both hand and supervised machine sewing while having fun and developing concentration. Sewing basics will be reviewed including threading a needle, tying a knot and basic stitching. Exciting, creative ideas will be presented for kids to work on at their own pace. Sewing is a useful practical skill that students will take pride in mastering. Completed projects bring a feeling of satisfaction. Price includes all materials. To learn more about Ramune, author of *Tiny Worlds in Fabric* please visit: addictedtomermaids.blogspot.com. No refunds for pottery, sewing and fantasy fairy houses classes if you withdraw 3 business days or less before the first class. Withdrawal from a pottery, sewing or fantasy fairy house class 4 business days or more before the 1st class, there will be a \$20 admin fee. (SKIP DAY: 2/22)

S#	Age	Day	Times	Date	Price
01	7-10	Wed	4:45-6:15pm	Jan 4 - Feb 1	\$150
02	7-10	Wed	4:45-6:15pm	Feb 15 - Mar 29	\$180

FUTURE SCIENTISTS

Act. #124940 | Ages 3.10 - 5 | @ Warren Building | Instructor: Diane Benson | 5 Weeks | Min 6/Max 10

Science fun for your little one! This class will introduce young children to science in a fun and creative way! All experiments will spark their interest which will lead to future science curiosity. All experiments will be hands-on and will be taken home for kids to show family and friends what was did in class! Register for one or both sections...all new experiments will be introduced in each session. (SKIP DAY: 2/21)

S#	Age	Day	Times	Date	Price
01	3.10-5	Tue	12:50-1:50pm	Jan 3 - Jan 31	\$120
02	3.10-5	Tue	12:50-1:50pm	Feb 14 - Mar 21	\$120

REGISTER ONLINE! wellesleyrec.org [or call 781-235-2370 or stop in the office!]

REGISTRATION
BEGINS @ 10am

Residents:
12/6/22

Non-Residents
12/13/22





CHESS

Act. #124800 | Ages 5-6 | @ Warren Building | Instructor: Jim Della Selva | 10 Weeks | Min 4/Max 14

Chess is a mindful game that is both fun and challenging. This class will give participants the opportunity to both play and learn strategy. Instruction will be given so that the advanced player as well as the beginner will benefit. Don't miss this exhilarating class.

(SKIP DAY: 2/20, 2/21)

S#	Age	Day	Times	Date	Price
01	5-6	Mon	4:35-5:35pm	Jan 9 - Mar 20	\$168
02	5-6	Tue	4:35-5:35pm	Jan 3 - Mar 14	\$168

PUDDLESTOMPERS: Weekly Child/Adult Classes

Act. #115700 | Ages 2-5 | @ Warren Building | Instructor: Puddlestompers Staff | 6 Weeks | Min 4/Max 10

Winter is a magical time to explore nature! This class is designed to allow children to explore and learn about the natural world from inside, with outdoor exploration as temperatures permit. Learn about how animals survive the winter and why evergreens keep their leaves. Look for animal tracks and other signs of winter activity. Search the skies for winter birds and listen for their songs. Observe changes in light through shadows and rainbows. In each class, we will focus on a specific theme using hands-on activities, crafts, games and creative movement. Each class will end with a snack and story. Come enjoy the beauty of winter with your energetic child at the Warren Recreation Center in Wellesley! (SKIP DAY: 2/21)

S#	Age	Day	Times	Date	Price
01	2-5	Tue	9:30-10:25am	Jan 31 - Mar 14	\$180
02	2-5	Tue	10:30-11:25am	Jan 31 - Mar 14	\$180

PUDDLESTOMPERS 1.5 Hour Drop Off

Act. #115705 | Ages 5-8 | @ Warren Building | Instructor: Puddlestompers Staff | 6 Weeks: Min 4/Max 10

Outdoor Explorers program offered by PUDDLESTOMPERS! Come explore nature after school this winter! Discover winter bird flocks, track active winter animals, and explore how plant life is preparing for spring in winter!. Explore what food is available for active winter animal in nature's food store. We will use hands-on exploration activities, active movement, STEM – based experiments, crafts, and stories to investigate the natural world around us. Each lesson has been created to meet Massachusetts STEM standards and is specially crafted to be fun and engaging. We will be outside and moving as we explore. Come discover the wonders of winter with us! (SKIP DAY: 2/22)

S#	Age	Day	Times	Date	Price
01	5-8	Wed	2-3:30pm	Feb 1 - Mar 15	\$270

ARCHERY INDOORS (Kids & Parents)

Act. #135300 | Ages 10+ | @ Warren Building | Instructor: On The Mark Archery | 5 Weeks | Min: 4/Max: 10

Learn archery indoors this winter and enjoy a fun and engaging introduction to one of the world's oldest sports! On the Mark Archery and our team of instructors will teach this unique martial art to students using beautiful wooden recurve bows and encourage participants to make proper form the measuring point of success. Improved hand eye coordination, attention span and discipline are only a few of the many benefits that come with practicing on the range. Coaches develop lesson plans that integrate skill building drills with creative games and challenges that include prizes to keep students excited about coming to class each week! All equipment provided and session is led by certified USA Archery instructors. (SKIP DAY: 2/18)

S#	Day	Times	Date	Price
01	Sat	1-2pm	Jan 7 - Feb 4	\$234
02	Sat	1-2pm	Feb 11 - Mar 18	\$234

KARATE

Act. #121800 | Ages 3-16 | @ Warren Building | Instructor: Steve Nugent & Staff | 13 Weeks | Min 4/Max 12

Join 4 Time World Champion and 10th Degree Grand Master Steve Nugent and his staff in this Traditional Karate program that teaches Focus, Discipline, Patience, Sportsmanship and Fun! In addition to the Karate, the classes stress Academic achievement, Honesty, Proper nutrition and stranger awareness. A free uniform is included for all new students. Join us as we celebrate 18 years in Wellesley! (SKIP DAY: 2/22)

S#	Age	Day	Times	Date	Price
01	3-4	Wed	3:30-4pm	Jan 4 - Apr 5	\$328
02	5-7	Wed	4:15-5pm	Jan 4 - Apr 5	\$328
03	8-16	Wed	5:15-6pm	Jan 4 - Apr 5	\$328

CALLING ALL CAMPERS!

Check back with us in January 2023 for all the camp details you could ever need! Make sure to sign up for our emails @ wellesleyrec.org.



REGISTRATION
BEGINS @ 10am

Residents:
12/6/22

Non-Residents
12/13/22



KNUCKLEBONES MICRO SPORTS

Act. #123100 | Ages 2-5 | @ Warren Building | Instructor: Knucklebones Staff | 8 Weeks | Min 6/Max 10

This is not your average sports class! Combining gross motor skills, physical activity, and fun, with a plethora of unique equipment, children will engage in funky, outside the box athletic activities and games. From Messy Backyard to Save the Animals, volcano walk on inflatable tubes to real life Mario Kart, our games ensure movement and fun while developing a passion for play...for the love of play! (SKIP DAY: 2/24)

S#	Age	Day	Times	Date	Price
01	2-5	Fri	10-10:50am	Jan 6 - Mar 3	\$183

SUPER SOCCER STARS: Tuesdays

Act. #122904 | Ages 2-4 | @ Warren Building | Instructor: Super Soccer Stars Staff | 8 Weeks | Min 3/Max 12

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. (SKIP DAY: 2/21, 3/7)

S#	Age	Day	Times	Date	Price
01	2-3	Tue	10-10:40am	Jan 10 - Mar 14	\$256
02	3-4	Tue	10:45-11:30am	Jan 10 - Mar 14	\$256

SUPER SOCCER STARS: Saturdays

Act. #122950 | Ages 2-5 | @ Warren Building | Instructor: Super Soccer Stars Staff | 8 Weeks | Min 3/Max 12

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. (SKIP DAY: 2/18)

S#	Age	Day	Times	Date	Price
01	2-5	Sat	8-8:40am	Jan 14 - Mar 11	\$256
02	2-3	Sat	8:40-9:20am	Jan 14 - Mar 11	\$256
03	4-5	Sat	9:20-10am	Jan 14 - Mar 11	\$256

JAMES BEDE SOCCER FUN

Act. #122900 | Ages 4-6 | @ Warren Building | Instructor: James Bede Soccer Staff | 11 Weeks | Min 10/Max 10

Fun Soccer is an excellent way to expose your young player to the game of soccer. The program is an introduction of soccer through fun games. We use lots of soccer balls to ensure no player feels left out. Our goal is to foster enthusiasm and love for movement and soccer. Your young player will develop a sense of what it means to be part of a team through positive interactions with coach and players while having fun and learning. Wear shin guards and sneakers. Remember to bring water. (SKIP DAY: 2/22)

S#	Age	Day	Times	Date	Price
01	4-5	Wed	3-3:45pm	Jan 4 - Mar 22	\$256
03	5-6	Wed	4-4:45pm	Jan 4 - Mar 22	\$256
04	6-7	Wed	5-5:45pm	Jan 4 - Mar 22	\$256

JAMES BEDE JR ACADEMY

Act. #122998 | Ages 6-9 | @ Warren Building | Instructor: James Bede Soccer Staff | 11 Weeks | Min 3/Max 12

Our Academy has three levels which gives your player ample time to develop and learn Smart Soccer to enable them to excel.

- Jr Academy I: Introduction of skills and lots of games.
- Jr Academy II: Skills, Introduction of drills and lots of games.
- Jr Academy III: Skills, drills and game understanding.

Most of the learning happens during game time so your player is not even aware of the learning! (SKIP DAY: 1/17, 2/18, 2/21, 2/22, 3/7)

S#	Age	Day	Times	Date	Price
01	7-9	Tues	6-7pm	Jan 3- Mar 21	\$256
		Sat	10-11am		
02	6-7	Wed	6-7pm	Jan 4- Mar 22	\$256
		Sat	11am-12pm		



REGISTRATION
BEGINS @ 10am

Residents:
12/6/22

Non-Residents
12/13/22

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- Follow us on Instagram @ instagram.com/recwellesley
- Sign up for our weekly emails @ wellesleyrec.org



DYNAMIC RUNNERS

Act. #120204 | Ages 7-10 | @ Warren Building | Instructor: Kathy Fleming | 4/5 Weeks | Min 6/Max 12

This class will help your child reach new levels in his/ her athletic abilities. Your child will not only be faster and stronger but he/she will be empowered and confident with their new awareness of pacing, sprinting, and stamina. Kathy Fleming, the former Boston College track and field coach, Olympic Trials finalist in the 1500m, and a member of the world record Distance Medley Relay team who held the record for 27 years, will share her knowledge about the key ways to build speed and endurance in young athletes. The class will also introduce some of the other track and field events like hurdles, shot put, javelin, and starting techniques. The class also teaches proper hydration, stretching, and drills. We end each session with a fun relay event. This class will be a fun introduction to the sport of track and field and he/ she will have fun and become a better athlete overall.

We conduct this course inside the Warren Recreation Center gym. Don't let your child slow down in the winter months. Keep them moving faster than ever. Learn some track techniques and empower them to reach for the stars. (SKIP DAY: 1/16, 3/6)

S#	Age	Day	Times	Date	Price
01	8-11	Mon	4:45-5:45pm	Jan 9 - Feb 13	\$180
02	8-11	Mon	5:15-6:15pm	Feb 27 - Mar 27	\$145

THUNDERCAT DODGEBALL

Act. #120905 | Ages 7-12 | @ Warren Building | Instructor: Thundercat Sports Staff | 6 Weeks | Min 10/Max 20

Come have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program will consist of different dodgeball related games such as: Doctor, Bombardment, Jail Break and more. Focus will be to get participants active, exercising, and having fun through our unique dodgeball games/activities. Clinic is coed, please bring sneakers, appropriate clothing, and a water bottle. For more information please visit www.thundercatsports.com.

S#	Age	Day	Times	Date	Price
01	7-12	Fri	4:45-5:45pm	Jan 6 - Feb 10	\$175

PROVE THEM WRONG BASKETBALL

Act. #121202 | Ages 6-9 | @ Warren Building | Instructor: Prove Them Wrong Staff | 10 Weeks | Min 8/Max 30

10 week curriculum base program for teaching kids the basics of basketball. Our focus will be on fun and culture building. Getting kids ready to play organized basketball through Terminology, Ball-Handling, Shooting, Defense, and live play. (One year of experience) (SKIP DAY: 2/24)

S#	Age	Day	Times	Date	Price
01	6-9	Fri	3:30-4:30pm	Jan 6 - Mar 17	\$400

INDOOR TENNIS

Act. #125200 | Ages 5-11 | @ Warren Building | Instructor: Mike Sabin & Staff | 4 Weeks | Min 4/Max 15 (Ages 5-7 Max 10)

This is a fun approach to learning tennis. Emphasis will be placed on developing hand eye coordination skills while providing an introduction to the game of tennis. You must provide your own racquet and bring a water bottle. All classes will be held inside. (SKIP DAY: 2/23)

S#	Age	Day	Times	Date	Price
01	5-7	Thu	3:30-4:30pm	Jan 5 - Jan 26	\$100
02	6-8	Thu	4:30-5:30pm	Jan 5 - Jan 26	\$100
03	9-11	Thu	5:30-6:30pm	Jan 5 - Jan 26	\$100
04	5-7	Thu	3:30-4:30pm	Feb 9 - Mar 9	\$100
05	6-8	Thu	4:30-5:30pm	Feb 9 - Mar 9	\$100
06	9-11	Thu	5:30-6:30pm	Feb 9 - Mar 9	\$100

INDOOR TENNIS - Early Release

Act. #125201 | Grade 2-5 | @ Warren Building | Instructor: Mike Sabin & Staff | 4 Weeks | Min 4/Max 10

This is a fun approach to learning tennis. Emphasis will be placed on developing hand eye coordination skills while providing an introduction to the game of tennis. You must provide your own racquet and bring a water bottle. (SKIP DAY: 2/22)

S#	Grade	Day	Times	Date	Price
01	2-3	Wed	12:30-1:30pm	Jan 4 - Jan 25	\$100
02	4-5	Wed	1:30-2:30pm	Jan 4 - Jan 25	\$100
03	2-3	Wed	12:30-1:30pm	Feb 8 - Mar 8	\$100
04	4-5	Wed	1:30-2:30pm	Feb 8 - Mar 8	\$100

HOME ALONE SAFETY

Act. #131501 | Ages 8-11 | @ Warren Building | Instructor: Juanita Allen | One Day Class | Min 4/Max 10

Children will learn telephone and door answering techniques, internet safety, accident and fire protection and first aid techniques. The class includes a variety of teaching methods, including a video and role playing. Please bring a snack.

S#	Age	Day	Times	Date	Price
01	8-11	Tue	4-5:30pm	Feb 14	\$54



REGISTRATION
BEGINS @ 10am

Residents:
12/6/22

Non-Residents
12/13/22



CHILDREN'S DINING ETIQUETTE WORKSHOP

Act. #131562 | Grade 2-7 | @ Warren Building | Instructor: Nikki Sawheny | One Day Class | Min 5/Max 10

Like to take your school aged children out to eat with you at a fine dining or a large social event but you're a little afraid how they might behave? Present your child with the opportunity to feel self-reliant and confident in any social or dining situation by taking interactive lessons taught by a certified etiquette consultant. Our workshop is designed to teach them how to conduct themselves on the dining table at home, in a restaurant or when meeting new people. Teaching children proper dining skills and table manners helps them to succeed at school, socially, and later, professionally. So, introduce your child to proper table manners and dining etiquette today and help build their confidence for any social situation tomorrow! For more information visit www.newenglandschoolofprotocol.com.

S#	Grade	Day	Times	Date	Price
01	2-7	Mon	4-5:30pm	Jan 23	\$72
02	2-7	Tue	4-5:30pm	Feb 7	\$72
03	2-7	Sat	9:30-11am	Mar 25	\$72

CHILDREN'S SOCIAL SKILLS WORKSHOP

Act. #131564 | Grade 2-7 | @ Warren Building | Instructor: Nikki Sawheny | One Day Class | Min 6/Max 10

In today's fast-paced, high tech society, teaching children manners is more crucial than ever. One of the most important jobs we have as parents and teachers is to help children develop social skills, show them how to interact with others in a polite manner, and teach them to treat everyone with respect. Whether the occasion is a family gathering, a meal at a restaurant, or a quick trip to the grocery store, children can apply our lessons in any social situations and practice good manners so that they become a habitual part of their lives and set them apart. Topics Include: The Importance of Greeting Others, Rules of Introduction, The Handshake, Eye Contact, and the Power of a Smile, Self-Respect and Respect for others, Proper Telephone Etiquette, Writing Thank You, and Other Modern Manners.

S#	Grade	Day	Times	Date	Price
01	2-7	Mon	5:45-7pm	Jan 23	\$66
03	2-7	Sat	11:15am-12:30pm	Mar 25	\$66

CHILDREN'S CONVERSATION SKILLS WORKSHOP

Act. #131563 | Grade 2-7 | @ Warren Building | Instructor: Nikki Sawheny | One Day Class | Min 4/Max 10

For many children it is easy to strike up a conversation or join one already in progress but for others engaging in small talk or starting a conversation can be challenging. Developing a child's conversational skills and etiquette is important as it helps them build confidence, cultivate friendships, and understand social expectations. A child who is good at communicating verbally will often produce better written communication and interpret what they read more accurately, helping them in all areas of academics. Our 60-minute conversation skills workshop will cover some of the following topics: Topics include: How to start a conversation • Icebreakers to start a conversation • How to keep a conversation going • How to end a conversation Topics to avoid • Active listening and not interrupting • Being respectful and non-judgmental • Rude and disrespectful body language and behavior Giving and receiving compliments

S#	Grade	Day	Times	Date	Price
01	2-7	Tues	5:45-6:45pm	Feb 7	\$54
02	2-7	Thu	4-5pm	Mar 16	\$54

CHILDREN'S RESTAURANT READY WORKSHOP

Act. #131565 | Grade 2-7 | @ Warren Building | Instructor: Nikki Sawheny | One Day Class | Min 4/Max 8

In this class students will learn how to use good manners at the table when dining out at a restaurant or a special event. Table manners are not just about how to hold your silverware or how to place your napkin. Good table manners also show self-awareness, respect, and courtesy to others. They are important tools for social interactions that will benefit children personally and professionally for the rest of their lives.

Topics include: Invitations & how to RSVP • Waiting for a table • How to be seated • Speaking to servers • Menu & ordering food • Understanding the place setting & silverware • Trying new food • Sharing food • Eating difficult foods • How to handle food allergies • Proper conversations at the table • Using please & thank you • Complimenting the chef & waitstaff • Other restaurant manners: Staying seated, Cell phones, belching, playing with utensils or tablecloth • Handling spills & more.

S#	Grade	Day	Times	Date	Price
01	2-7	Mon	7:15-8:15pm	Jan 23	\$54
02	2-7	Tue	7-8pm	Feb 7	\$54
03	2-7	Thu	5:15-6:15pm	Mar 16	\$54

CALLING ALL CAMPERS!

Check back with us in January 2023 for all the camp details you could ever need! Make sure to sign up for our emails @ wellesleyrec.org.

REGISTRATION
BEGINS @ 10am

Residents:
12/6/22

Non-Residents
12/13/22





TEEN SOCIAL SKILLS WORKSHOP

Act. #131505 | Grade 7-12 | @ Warren Building | Instructor: Nikki Sawheny | One Day Class | Min 4/Max 10

In today's competitive world, it's not just what you do that counts it is how you do it. While academic qualifications are very important, soft skills are just as crucial in determining long term success especially when competition for college, internships and jobs is fierce. Give your teenager the lifelong gift of courtesy, resilience and good manners. Our workshop is aimed to empower them into becoming confident, independent and respectful adults so that they can navigate their way through life with poise and grace. These skills will help them succeed at school, socially, and later, professionally and can create an appealing differentiator that sets them apart. Our lessons instill mindfulness & social consideration as we believe that when teenagers are taught these basic social skills in their early years, they tend to become more socially responsible as they grow up. To survive the rising social pressure, teens must be trained in a way to feel confident and comfortable around people and to find their place in the world.

Topics Include: The Importance of Greeting Others, Rules of Introduction, The Handshake, Eye Contact, and the Power of a Smile, Hygiene and Appearance, Self-Respect and Respect for others, Making Appropriate Conversation, Proper Telephone Etiquette, Writing Thank You Notes, Email, Text and Social Media Etiquette, & Other Modern Manners.

S#	Grade	Day	Times	Date	Price
01	7-12	Sat	12:45-2pm	Mar 25	\$66

TEEN DINING ETIQUETTE WORKSHOP

Act. #131566 | Grades 7-12 | @ Warren Building | Instructor: Nikki Sawheny | One Day Class | Min 6/Max 10

A wise professional knows the importance of strong dining skills. Dining, if not done well, could be harmful to your reputation. The way you navigate your way through a meal can influence an interview, a date or a holiday event. Present your teen with the opportunity to feel self-reliant and confident in any dining and social situation by taking interactive lessons taught by a certified etiquette consultant. Our workshop is designed to teach each student how to conduct themselves on the dining table in a restaurant, at home and when meeting new people. Learning these skills will help them become comfortable and polished be it at the prom, a holiday party or any social event. .

S#	Grade	Day	Times	Date	Price
01	7-12	Sat	9:30-11am	Feb 25	\$72

TEEN CONVERSATION SKILLS WORKSHOP

Act. #131568 | Grades 7-12 | @ Warren Building | Instructor: Nikki Sawheny | One Day Class | Min 4/Max 10

In today's world teens are growing up on gadgets, learning how to communicate via a screen and language developed through shortcuts and texting. This makes face to face interaction much more difficult. Introduce your teens to the art of conversation. They will learn what to say and how to act when meeting someone for the first time or when trying to develop friendships. These skills will help enhance their communication and interpersonal skills. Topics include: How to start a conversation • Icebreakers and small talk • How to keep a conversation going • Body language and eye contact How to end a conversation • Topics to avoid • Engaged listening and not interrupting • Being respectful and non-judgmental • Rude and disrespectful behavior • Giving and receiving compliments.

S#	Grade	Day	Times	Date	Price
01	7-12	Sat	1-2pm	Feb 25	\$60

TEEN INTERVIEW PREP WORKSHOP

Act. #131567 | Grade 10-12 | @ Warren Building | Instructor: Nikki Sawheny | One Day Class | Min 6/Max 10

Do you have a high school student getting ready to interview for a job? Are you a teen looking for a summer internship? Interviewing can be challenging for students especially when they haven't interviewed before. However, putting one's best foot forward during an interview is a critical step towards landing a great job during high school, and a valuable skill to develop for the future. Parents, think back to your first job interview. Did you know what to expect or say? Interviewing can be a stressful experience for teens whether they are looking for their first job or going to their first college interview. Learn self-presentation skills and important talking points to help succeed at an interview. Topics Include: what to do before the interview, know your resume, your elevator pitch, dressing for success, how to make a good first impression, common interview questions, questions you can ask, and more.

Topics Include: What to do before the interview • Dressing for success • How to make a good first impression • Elevator pitch • Know your resume Common interview questions • Questions you can ask the employer • What to do after the interview • Interview "Do's & Don't's" and more.

S#	Grade	Day	Times	Date	Price
01	10-12	Sat	11:15am-12:45pm	Feb 25	\$72
02	10-12	Thu	6:30-8pm	Mar 16	\$72



REGISTRATION
BEGINS @ 10am

Residents:
12/6/22

Non-Residents
12/13/22

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**REGISTRATION
BEGINS @ 10am**

**Residents:
12/6/22**

**Non-Residents
12/13/22**

BABYSITTER'S TRAINING

Act. #131500 | Ages 11-15 | @ Warren Center | Instructor: Alice Wadley | One Day Class | Min 4/Max 10

Babysitter's Training is a blended learning class that teaches students in grades 5-8 the fundamental skills necessary to provide safe and responsible care for infants and children.

Course content: Injury and accident prevention, choking rescue, adult and pediatric CPR and AED use, basic first aid skills, childcare routines (including bottle feeding and diapering practice), positive behavior management, problem solving techniques, and business basics (including resume writing, setting fees, and professionalism). Course length: The course is broken into two sections. The first section is online and takes approximately 4 hours to complete. The second section is an in-person skills session, which is approximately 2 hours in length.

Course materials: Pocket first aid kit, drawstring bag, folder with course reference materials, and American Heart Association Family and Friends student manual.

Certification: Upon successful completion of both the online and skills components of the class, students will receive an American Red Cross Babysitter's Training e-certificate and an American Heart Association Family and Friends CPR e-Certificate.

S#	Age	Day	Times	Date	Price
01	11-15	Mon	6-8pm	Jan 23	\$120
02	11-15	Mon	6-8pm	Mar 6	\$120

FIRST AID/CPR

Act. #131503 | Ages 14+ | @ Warren Center | Instructor: Alice Wadley | One Day Class | Min 4/Max 10

With focus on children, this course will cover: CPR, AED, first aid, medical/injury emergencies, allergies, epipens, and asthma. Participants will receive a 2 year certification in Pediatric First Aid and in Adult and Pediatric CPR/AED. Class designed to run in-person or virtual. If current state and local regulations permit, this class will be held in-person. Participants will be notified if the program must be run virtually.

S#	Age	Day	Times	Date	Price
01	14-99	Tue	6-8:30pm	Jan 31	\$90



Learn to Skate @ Chase Arena, Natick

LEARN TO SKATE: Tots

Act. #123201 | Ages 4-6 | @ William Chase Arena/Natick | Instructor: Learn to Skate Staff | 8 Weeks | Min 3/Max 10

For participants ages 4-15 with little or no formal skating instruction. Our group skating classes teach skating basics in a fun and comfortable environment for all participants – those who wish to play hockey, figure skate or just enjoy skating with family or friends. Skaters will be grouped by age and/or ability as possible.

Prerequisites: Participants must be potty trained.

S#	Age	Day	Times	Date	Price
01	4-6	Sat	11:25-11:50am	Jan 7 - Feb 25	\$160

LEARN TO SKATE: Youth

Act. #123202 | Ages 6-15 | @ William Chase Arena/Natick | Instructor: Learn to Skate Staff | 8 Weeks | Min 3/Max 10

For participants ages 6-15 with little or no formal skating instruction. Our group skating classes teach skating basics in a fun and comfortable environment for all participants – those who wish to play hockey, figure skate or just enjoy skating with family or friends. Skaters will be grouped by age and/or ability as possible.

S#	Age	Day	Times	Date	Price
01	6-15	Sat	10:55-11:20am	Jan 7 - Feb 25	\$160

LEARN TO SKATE: Teen

Act. #123205 | Ages 16+ | @ William Chase Arena/Natick | Instructor: Learn to Skate Staff | 8 Weeks | Min 3/Max 10

It's never too late to learn how to skate! Participants 16 years and older are invited to learn to skate or enhance skating skills in a fun and comfortable environment. Skaters will be grouped by age/or ability if possible.

S#	Age	Day	Times	Date	Price
01	16+	Sat	10-10:50am	Jan 7 - Feb 25	\$176

REGISTER ONLINE! wellesleyrec.org [or call 781-235-2370 or stop in the office!]



MINI MUSICAL THEATER

Act. #122304 | Ages 5-10 | @ Warren Building | Instructor: Cindy Wright | 3 Day Program | Min 6/Max 10

This program is an introduction to the world of musical theater. Children will sing, dance and act to bring a story to life, working toward a performance at the end of the last class. Age appropriate roles will be assigned. Please have your child dress comfortably each day with lightweight shoes and bring a water bottle.

S#	Age	Day	Times	Date	Price
01	5-10	Tue-Thu	2-5pm	Feb 21 - 23	\$168

PUDDLESTOMPERS

Act. #115702 | Ages 4-7 | @ Warren Building | Instructor: Puddlestompers Staff | One Day Classes | Min 3/Max 15

Keep your little ones outdoors, engaged, and learning all vacation long with PUDDLESTOMPERS February vacation camp! With programs each morning from 9am - 1pm, our teacher naturalists will help your child learn, explore, and have fun all through February vacation. A small student-to-teacher ratio creates a personal and safe environment for exploring along the trails behind Warren Recreation. Each day includes a combination of hands-on exploration, active movement, outdoor play, stories, songs and a take-home craft centered around the topic of the day. Sign up for one day or all four!

S#	Age	Day	Times	Date	Price
01	4-7	Tue	9am-1pm	Feb 21	\$99
02	4-7	Wed	9am-1pm	Feb 22	\$99
03	4-7	Thu	9am-1pm	Feb 23	\$99
04	4-7	Fri	9am-1pm	Feb 24	\$99

POTTERY

Act. #121417 | Ages 7-12 | @ Warren Building | Instructor: Ramune Jauniskis | 3 Day Class | Min 3/Max 6

In a relaxed and creative environment kids will learn hand building and wheel throwing techniques while having fun and sharpening their motor skills. Creative ideas will be presented for inspiration and kids will work on the suggested projects or projects of their own choosing. All pieces will be kiln fired. Please bring a box to class on the last day to bring work home in as well as a smock for the famous "surprise project". Price includes all materials and firing. To learn more about Ramune please visit: addictedtomermaids.blogspot.com. No refunds for pottery, sewing and fantasy fairy houses classes if you withdraw 3 business days or less before the first class. Withdrawal from a pottery, sewing or fantasy fairy house class 4 business days or more before the 1st class, there will be a \$20 admin fee.

S#	Age	Day	Times	Date	Price
01	7-12	Tue-Thu	9-11am	Feb 21 - 23	\$121

FANTASY FAIRY HOUSES

Act. #121450 | Ages 7-10 | @ Warren Building | Instructor: Ramune Jauniskis | 3 Day Class | Min 3/Max 6

In a relaxed and creative environment kids will use their imagination to make magical fairy houses using a wide variety of materials including cardboard, fabric, glue, paints, lights, shells, moss and more. Please bring a snack and a smock and your imagination! Price includes all materials. To learn more about Ramune please visit: addictedtomermaids.blogspot.com. No refunds for pottery, sewing and fantasy fairy houses classes if you withdraw 3 business days or less before the first class. Withdrawal from a pottery, sewing or fantasy fairy house class 4 business days or more before the 1st class, there will be a \$20 admin fee.

S#	Age	Day	Times	Date	Price
01	7-10	Tue-Thu	3-4:30pm	Feb 21 - Feb 23	\$90

CREATIVE SEWING

Act. #121453 | Ages 7-10 | @ Warren Building | Instructor: Ramune Jauniskis | 3 Day Class | Min 3/Max 6

Ramune Jauniskis brings her popular sewing class to the Wellesley Recreation Department. Students will learn both hand and supervised machine sewing while having fun and developing concentration. Sewing basics will be reviewed including threading a needle, tying a knot and basic stitching. Exciting, creative ideas will be presented for kids to work on at their own pace. Sewing is a useful practical skill that students will take pride in mastering. Completed projects bring a feeling of satisfaction. Price includes all materials. To learn more about Ramune please visit: addictedtomermaids.blogspot.com. No refunds for pottery, sewing and fantasy fairy houses classes if you withdraw 3 business days or less before the first class. Withdrawal from a pottery, sewing or fantasy fairy house class 4 business days or more before the 1st class, there will be a \$20 admin fee.

S#	Age	Day	Times	Date	Price
01	7-10	Tue-Thu	11:15am-12:45pm	Feb 21 - Feb 23	\$90

CALLING ALL CAMPERS!

Check back with us in January 2023 for all the camp details you could ever need! Make sure to sign up for our emails @ wellesleyrec.org.





FEBRUARY VACATION PAINTING & DRAWING MODERN MASTERPIECES

Act. #121435 | Ages 7-12 | @ Warren Building | Instructor: D'Ann Hanson | 3 Day Class | Min 4/Max 8

In this class students will produce timeless work that will be cherished for years. These large 16 x 20 pieces of art painted on archival paper are sure to find a home on your walls! Young students use professional tools and nontoxic acrylic paints. Students gain an appreciation for different artists while learning various techniques through step-by-step visual demonstrations. The sunny Art Studio at the Rec. Center provides a perfect creative oasis! More information on D'Ann can be found at her website at dannhansen.com All materials provided with a \$35 materials fee payable to teacher. Please note that D'Ann's dog, Mason the Corgi, will be in the classroom.

S#	Age	Day	Times	Date	Price
01	7-12	Tue-Thu	1-4pm	Feb 21 - 23	\$295

MAKE IT, BAKE IT, TAKE IT

Act. #123741 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | 4 Day Class | Min 6/Max 10

Using cooperation, math skills and following simple directions, "young bakers" will create their own special tasty treats. Join the class and experience the delicious reward for exploring the creative possibilities of baking! In addition to being fun, fixing your own food can help develop self-esteem and can turn fussy eaters on to new foods. If you have taken a class with Diane before, don't worry, recipes are not repeated!!! Eggs and dairy will be used in this class. Some possible baking activities include: pizza, cookies, muffins, & pasta. Please note on the registration form if your child has any food allergies.

S#	Age	Day	Times	Date	Price
01	5-10	Tue-Fri	9:45-11:45am	Feb 21 - Feb 24	\$264

CHESS

Act. #124850 | Ages 5-10 | @ Warren Building | Instructor: James Della Selva | 4 Day Class | Min 4/Max 10

Join U.S. Chess Federation expert James Della Selva for a Vacation Chess Clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in daily matches.

S#	Age	Day	Times	Date	Price
01	5-12	Tue-Fri	10am-12pm	Feb 21 - Feb 24	\$135
02	5-12	Tue-Fri	12:30-2:30pm	Feb 21 - Feb 24	\$135

LEGO ADVENTURES

Act. #121423 | Ages: K-4 | @ Warren Building | Instructor: Diane Benson | 4 Day Program | Min 6/Max 20

Design, build, create, PLAY!! Children can build individually or with friends as they create a LEGO story out of hundreds of thousands of LEGOs! The LEGOs will stay but the memory will last a lifetime. Each day participants will go home with a framed photo of themselves taken holding their LEGO creation to show friends and family what they designed and built. LEGO themes include: Super Heroes, City, Ninjago, Minecraft, LEGO Friends and Jurassic World.

S#	Age	Day	Times	Date	Price
01	K-4	Tue-Fri	1-3pm	Feb 21 - Feb 24	\$264

JUST IN CASE YOU MISSED IT...

- **REGISTER ONLINE!** Or...call the office @ 781-235-2370...or stop on by to register and say "Hi"! We are open on M-F from 8:30am - 4:30pm. *Registering online is preferred.*
- **REGISTRATION BEGINS @ 10am on Dec. 6 for residents and on Dec.13 for non-residents.**
- **SUMMER CAMP:** Check our website in January for Summer 2023 camp info.
- **DON'T MISS A THING!** If you want to get the latest info on programs, events, summer concerts, Morses Pond, program changes and cancellations, you need to sign up for our weekly emails @ wellesleyrec.org. If you are not an email kind of person, follow us on FACEBOOK [[facebook.com/recwellesley](https://www.facebook.com/recwellesley)] or INSTAGRAM [[instagram.com/recwellesley](https://www.instagram.com/recwellesley)]
- **FEBRUARY VACATION PROGRAMS:** If you are reading this, you are already on one of two February vacation program pages. Lots of great programs to keep the kids busy.





BADMINTON

Act. #140208 | Ages 18+ | @ Warren Building | Instructor: Willy Wu & Steve Yang | 10 Weeks | Min 8/Max 30

Whether you are an amateur or an expert badminton player, this program allows badminton players an opportunity to play friendly "pick-up" games! Participants are required to bring their own racquets. Indoor sport shoes are recommended. Participants to bring their own shuttles.

(SKIP DAY: 2/23, 2/24)

S#	Age	Day	Times	Date	Price
01	18+	Thu & Fri	6:45-9pm	Jan 5 - Mar 17	\$70

FUSION FIT - First Call

Act. #140450 | @ Warren Building | Instructor: Bitsy Graham | 10 Weeks | Min 6/Max 24

An innovative combination of cardio, core, strength work, balance and flexibility, all choreographed and set to fun, funky, upbeat music. Class incorporates hand weights, pilates rings, dynabands, ankle bands & balance pads. Strong body, strong bones, strong mind!!!!

S#	Day	Times	Date	Price
01	Tue, Thu, Fri	6-7am	Jan 10 - Mar 24	\$270/2 days \$290/3 days

FUSION FIT

Act. #140402 | @ Warren Building | Instructor: Bitsy Graham | 10 Weeks | Min 6/Max 24

An innovative combination of cardio, core, strength work, balance and flexibility, all choreographed and set to fun, funky, upbeat music. Class incorporates hand weights, pilates rings, dynabands, ankle bands & balance pads. Strong body, strong bones, strong mind!!!! (SKIP DAY: 1/16, 2/20)

S#	Day	Times	Date	Price
01	Mon-Fri	8:45-9:45am	Jan 9 - Mar 24	\$260/2 days \$290/3 days \$320/4 days \$350/5 days

TAI CHI

Act. #140571 | @ Warren Building | Instructor: Paul DiCrescenzo | 5 Weeks | Min 3/Max 15

A 5 week introductory course teaching basic techniques from the fluid, powerful, and elegant style of Tai Chi from one of the major centers of Daoism in China, Wudang Mountain. Utilizing ancient and modern techniques of Internal Alchemy and physical development, Wudang Tai Chi balances body, breath, energy, movement, mind and spirit. It develops and enhances physical strength, balance and stability, graceful and fluid movement. We will focus on stances, weight shifting, basic movements, and short practice forms in this introductory course. A taste of practices that were once carefully guarded secrets known only to the Daoist monks that are now openly shared with all! Suitable for all ages. (SKIP DAY: 1/16, 2/20)

S#	Day	Times	Date	Price
01	Mon	12:30-1:30pm	Jan 9 - Feb 13	\$120
02	Mon	12:30-1:30pm	Feb 27 - Apr 3	\$120

OPEN LEVEL YOGA & MINDFUL MOVEMENT FLOW

Act. #140590 | @ Warren Building | Instructor: Cory Halaby | 8 Weeks | Min 10/Max 20

Cultivate strength, flexibility, balance, and focus, while moving with vitality and grace. Calm a busy mind, and increase your capacity for joy, by connecting with body and breath. E-RYT 200 Yoga Instructor and Certified Mindful Meditation Instructor, Cory Halaby, designs classes to help you feel relaxed, energized, and inspired, on and off the mat. Some yoga experience recommended. (SKIP DAY: 2/22)

S#	Day	Times	Date	Price
01	Wed	9:15-10:15am	Jan 4 - Mar 01	\$130

YOGA BASICS & MINDFUL MOVEMENT FLOW

Act. #140597 | @ Warren Building | Instructor: Cory Halaby | 8 Weeks | Min 8/Max 20

Learn the foundational poses and breathing techniques that make yoga a moving meditation. You don't have to be flexible to enjoy a beneficial yoga practice. You just have to begin. Open to all levels. (SKIP DAY: 2/22)

S#	Day	Times	Date	Price
01	Wed	10:30-11:30am	Jan 4 - Mar 1	\$130

CALLING ALL CAMPERS!

Check back with us in January 2023 for all the camp details you could ever need! Make sure to sign up for our emails @ wellesleyrec.org.

REGISTRATION
BEGINS @ 10am

Residents:
12/6/22

Non-Residents
12/13/22





INTRODUCING YOGA! For the Beginner

Act. #140524 | Ages 18+ | @ Warren Building | Instructor: Nancy Fletcher | 11 Weeks | Min 10/Max 20

Participation in this class will guide you through the basics of yoga. It will help you build a strong and balanced foundation for YOUR body. Yoga does NOT discriminate. Any body is a YOGA body! You will love it! Bring your mat, bring some H2O! (SKIP DAY: 2/18)

S#	Age	Day	Times	Date	Price
01	18+	Sat	9:30-10:30am	Jan 7 - Mar 25	\$275

VIN-YOGA STRENGTH & BALANCE

Act. #140526 | @ Warren Building | Instructor: Nancy Fletcher | 10 Weeks | Min 10/Max 20

Vin-yoga is a combination of vinyasa yoga with focus on strength and balance. You will learn to "hold yourself up" ... with concentration on standing postures and asanas. With a gently introduced combination of vinyasa flow with fluid movements that create strength and balance. Perfect for the seasoned yoga practitioners! (SKIP DAY: 1/16, 2/20)

S#	Day	Times	Date	Price
01	Mon	9:30-10:30am	Jan 9 - Mar 27	\$250

THURSDAY SUN RISE YOGA

Act. #140501 | @ Warren Building | Instructor: Sara Rigelhaupt | 5 Weeks | Min 8/Max 15

Get your body moving with a yoga flow class grounded in the Sun Salutation series. Build heat, strength, and flexibility while setting an intention for the day. (SKIP DAY: 2/23)

S#	Day	Times	Date	Price
01	Thu	8-8:45am	Jan 5 - Feb 2	\$60
02	Thu	8-8:45am	Feb 9 - Mar 16	\$60

FLOW DOWN SLOW DOWN YOGA

Act. #140502 | @ Warren Building | Instructor: Sara Rigelhaupt | 5 Weeks | Min 8/Max 15

Unwind from the day with this Vin to Yin yoga class. Class will progress through a vinyasa flow and end with longer holds for a full body stretch. (SKIP DAY: 2/23)

S#	Day	Times	Date	Price
01	Thu	5:30-6:15pm	Jan 5 - Feb 2	\$60
02	Thu	5:30-6:15pm	Feb 9 - Mar 16	\$60

MUSCLE CONDITIONING!

Act. #140525 | @ Warren Building | Instructor: Nancy Fletcher | 11 Weeks | Min 10/Max 20

You don't have to lift heavy weights to tone your muscles! Take an hour out of your week to treat your muscles to this...A full body workout which includes weight training and some light cardio using only hand weights and your own beautiful body !!! Great music and lots of fun! (SKIP DAY: 2/24)

S#	Day	Times	Date	Price
01	Fri	9:30-10:30am	Jan 6 - Mar 24	\$300

YOGA BOOK CLUB

Act. #140527 | @ Warren Building | Instructor: Cory Halaby | 8 Weeks | Min 5/Max 15

Here's a chance to let inspired wisdom from your bookshelf transform your daily life. In Yoga Book Club, new concepts and habits sink deep into your mind, body and spirit, creating profound, positive change. Led by certified life coach, yoga instructor, and meditation teacher, Cory Halaby, classes include book discussion, self-reflection, yoga and meditation. Each season offers a new layer of learning. This winter we'll read *THE LIGHT WE CARRY*, *Overcoming in Uncertain Times* by Michelle Obama, along with *WHAT IF THIS IS HEAVEN*, *How Our Cultural Myths Prevent Us From Experiencing Heaven on Earth*, by Anita Moorjani. Insights from these two beloved women will help us find our own brilliance in the face of life's challenges. Dive into the big questions in Yoga Book Club. (SKIP DAY: 2/23)

S#	Day	Times	Date	Price
01	Thu	9:30-10:45am	Jan 12 - Mar 9	\$160

REGISTRATION
BEGINS @ 10am

Residents:
12/6/22

Non-Residents
12/13/22

NO MORE EXCUSES! GET ALL THE UPDATES! DO IT NOW!

- Follow us on Facebook @ facebook.com/recwellesley
- Follow us on Instagram @ instagram.com/recwellesley
- Sign up for our weekly emails @ wellesleyrec.org





ZUMBA: Tuesdays

Act. #144010 | @ Wqrrn Building | Instructor: Meghan Collins | 7 Weeks | Min 6/Max 15

Ditch the workout and join the party! If you like to dance, this is the class for you! Zumba is a super fun, high-energy, dance fitness cardio class that will have you smiling, sweating, and burning loads of calories. Each class features a variety of music including Latin rhythms such as Salsa, Cha Cha and Merengue, mixed in with other types of music, including pop, electro-swing, hip-hop, and a bit of country too! The steps and routines are easy to-follow and become even easier the more you do them. All are welcome - including those with little to no dance experience. Please wear sneakers, workout attire, and bring a water bottle to class. See you on the dance floor! (SKIP DAY: 2/21, 4/18)

S#	Day	Times	Date	Price
01	Tue	9:30-10:30am	Jan 10 - Feb 28	\$80
02	Tue	9:30-10:30am	Mar 7 - Apr 25	\$80

ZUMBA: Wednesdays

Act. #144006 | @ Dance Studio/Warren Bldg. or via Zoom | Instructor: Tatiana Novobrantseva | 5 Weeks | Min 10/Max 25

It is a dance fitness class perfect for everybody and every body! We take the work out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. It is a total workout, combining all elements of fitness cardio, muscle conditioning, balance and flexibility, boosted energy - set to Latin and World rhythms. Do not forget your comfortable workout clothes, sneakers, a bottle of water and your beautiful smile! Zoom link will be provided after registration if needed.

S#	Day	Times	Date	Price
01	Wed	7:15-8:15pm	Jan 4 - Feb 1	\$60
02	Wed	7:15-8:15pm	Feb 15 - Mar 22	\$60

DOG OBEDIENCE 1

Act. #144601 | @ Warren Building | Instructor: Vera Wilkenson | 6 Weeks | Min 4/Max 10

Love your dog but not all of his behavior? In this six-week class for dogs over five months of age, you will learn how to solve the challenges you have at home and out and about. Your dog will learn to respond to your direction rather than jump on your visitors; walk at your side; come when called and more. You will learn to read dog body language to better advocate for your dog, other dogs and people in social settings. This is not a class for reactive or aggressive dogs. Please bring your dog, treats and proof of vaccinations to the first class. If you have any questions, please visit www.cooperativedog.com. (SKIP DAY: 1/16, 2/20)

S#	Day	Times	Date	Price
01	Mon	7:30-8:20pm	Jan 9 - Feb 27	\$260

PUPPY KINDERGARTEN

Act. #144602 | @ Warren Building | Instructor: Vera Wilkenson | 6 Weeks | Sec. 01 Min - 4/Max 10 | Sec 01 & 03 - Min 4/Max 10

Create the dog of your dreams! This six-week class for puppies under five months of age on the first day of class is a life preparation class designed to teach puppy guardians how to address everyday situations now so to prevent behavior problems later. Learn exactly how to respond to puppy nipping, jumping, inability to be left alone, fearfulness, etc. Please bring your puppy, puppy food and treats and proof of vaccinations to the first class. If you have any questions, please visit www.cooperativedog.com. (SKIP DAY: 1/16, 2/20)

S#	Day	Times	Date	Price
01	Mon	6:30-7:20pm	Jan 9 - Feb 27	\$260

ACRYLIC PAINTING

Act. #141455 | @ Warren Building | Instructor: D'Ann Hansen | 5 Weeks | Min 4/Max 8

Come and give your creative mind some time to play! By using right brain drawing strategies and step-by-step visual demonstrations, students will successfully draw and paint pieces inspired by Modern Masters or Contemporary Painters. Students use the finest grade acrylics on archival paper. These paints are a joy to use with a thick and buttery consistency and a very forgiving nature! All levels of experience are welcome, including those who have never picked up a paint brush. All classes held in the sunny art studio in the Warren Building, 90 Washington St. More information on D'Ann can be found on her website: dannhansen.com. Please note that D'Ann's dog Mason will be in the classroom. (SKIP DAY: 2/21, 2/23, 2/28, 3/2)

S#	Day	Times	Date	Price
01	Tue	10am-12pm	Jan 3 - Jan 31	\$295
02	Thu	10am-12pm	Jan 5 - Feb 2	\$295
03	Tue	10am-12pm	Feb 14 - Mar 28	\$295
04	Thu	10am-12pm	Feb 16 - Mar 30	\$295

REGISTER ONLINE! wellesleyrec.org [or call 781-235-2370 or stop in the office!]

REGISTRATION
BEGINS @ 10am

Residents:
12/6/22

Non-Residents
12/13/22





EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT SEWING ...but were afraid to ask

Act. #141427 | @ Warren Building | Instructor: Ramune Jauniskis | 5 Weeks | Min 3/Max 6

Do you have a desire to sew but don't know where to start? Do you have a sewing machine that you don't know how to use? Do you like to sew? If you answer yes to any of these questions then this class is for you. In a relaxed, encouraging environment, students will learn basic sewing skills and sewing machine operation. Students may choose from the following options:

Bring a project that you already started or want to start but don't know how to start, including all supplies (see list below) **OR** Come without an idea and bring sewing supplies (see list below) and at least 2 yards of fabric, and a project will be suggested for you. **The following supplies will be available:** sewing machine, sewing needles, pins, scissors. **What you should bring:** fabric, pattern, thread, notions (that are suggested for your project, examples are : zipper, buttons, elastic, stuffing etc).

To learn more about RamuneJauniskis author of Tiny Worlds in Fabric, please visit: addictedtomermaids.blogspot.com. No refunds for pottery, sewing and fantasy fairy houses classes if you withdraw 3 business days or less before the first class. Withdrawal from a pottery, sewing or fantasy fairy houses class 4 business days or more before the 1st class, there will be a \$20 administrative fee. **(SKIP DAY: 2/22)**

S#	Day	Times	Date	Price
01	Wed	10am-12pm	Jan 4 - Feb 1	\$240
02	Wed	10am-12pm	Feb 15 - Mar 22	\$240

BOWL DRAPING

Act. #141403 | Ages 16+ | @ The Glass Bar/Needham | Instructor: The Glass Bar Staff | Once Day Class | Min/Max 4

Expand your knowledge of glass fusing while designing your very own fused glass bowl. Learned techniques include cutting straight lines, curved lines, and circles. You will learn intermediate glass fusing knowledge, such as working with cold glass sheets, remnants, and frits. You will also gain an indepth perspective at kiln working. Using this knowledge you will brainstorm a design, and bring your idea to life!

S#	Age	Day	Times	Date	Price
01	16+	Sun	5-7pm	Jan 22	\$106
02	16+	Sun	5-7pm	Feb 19	\$106
03	16+	Sun	5-7pm	Mar 19	\$106

FANATIC FUSING WORKSHOP

Act. #141405 | Ages 17+ | @ The Glass Bar/Needham | Instructor: The Glass Bar Staff | One Day Class | Min/Max 3

Love Glass Fusing? Ready to dive into something bigger? Join us for our fantastic fanatic fusing workshop. This session meets consecutive Tuesday nights 6-9pm. We're going to cover a lot during this session. Our first session will cover basic skills such as cutting and grinding. Throughout the weeks we will discuss more complex techniques. We will spend the next few weeks exploring and experimenting with these techniques as you create many pieces that you will cherish forever. Returning students will be challenged to expand their knowledge. This is your opportunity to grow and define your skill set. No experience Necessary.

S#	Age	Day	Times	Date	Price
01	17+	Tue	6-9pm	Mar 28	\$330

INTRODUCTION TO STAINED GLASS CLASS

Act. #141424 | Ages 17+ | @ The Glass Bar/Needham | Instructor: The Glass Bar Staff | One Day Class | Min/Max 2

During this 3-hour course, our experienced instructors will guide you through the creation of this floating geode panel. You will learn the historic steps of the American Copper Foil technique of Stained Glass. Learned techniques include copper foiling, soldering, polishing, and patina. There will be a glass cutting demonstration at the beginning of class, though you will be working from a precut kit of glass.

S#	Age	Day	Times	Date	Price
01	17+	Sun	1-4pm	Mar 12	\$137

SEASONAL GLASS FUSING INTRODUCTION

Act. #141435 | Ages 17+ | @ The Glass Bar/Needham | Instructor: The Glass Bar Staff | One Day Class | Min 2/Max 4

Join us for this special seasonal class to create a festive creation. Students will learn the basics of glass fusing including glass cutting, grinding, and designing of 2-dimensional pieces. We'll have fun experimenting with different shapes, textures, and mediums of glass to inspire our creations. Dec-Feb Theme = Twinkling Trees,

S#	Age	Day	Times	Date	Price
01	17-99	Sat	4-5:30pm	Jan 21	\$57
02	17-99	Sat	4-5:30pm	Feb 18	\$57
03	17-99	Sat	4-5:30pm	Mar 18	\$57

REGISTER ONLINE! wellesleyrec.org [or call 781-235-2370 or stop in the office!]



**REGISTRATION
BEGINS @ 10am**

**Residents:
12/6/22**

**Non-Residents
12/13/22**



VIETNAMESE COOKING 101

Act. #143700 | @ Warren Building | Instructor: Roberta Hing | One Day Class | Min 4/Max 8

Vietnamese food is known for its bright clean flavors. In this class, we will use ingredients that deliver and enhance those distinctive flavors. We will begin the class by making fresh spring rolls, along with an addictive dipping sauce. We'll also learn about lemongrass, another common Vietnamese ingredient, as we make lemongrass chicken which we'll serve with steamed jasmine rice. Almond cookies are popular throughout Asia, including Vietnam. Ours will be soft and chewy and the perfect end to our meal.

S#	Day	Times	Date	Price
01	Thu	6-8:15pm	Feb 2	\$75

CHINESE BUNS & BAO

Act. # 143701 | @ Warren Building | Instructor: Roberta Hing | One Day Class | Min 4/Max 8

The bakeries in Chinatown are filled with the mouth-watering aromas of freshly baked buns and pastries. Join this hands-on class as we recreate three bakery favorites. We'll start by making Coconut Buns, additively tender yeasty buns filled with sweet coconut paste. Next, we'll make fluffy Pineapple Buns with a special crispy topping. We'll also recreate a star of dim sum tables, airy Steamed Barbecue Pork Buns or Bao. These light buns are the perfect portable snack!

S#	Day	Times	Date	Price
01	Thu	6-8pm	Feb 16	\$75

SPANISH FOR THE ROAD

Act. #143564 | @ Warren Building | Instructor: Sherry Ruff | 6 Weeks | Min 2/Max 10

Boarding an airplane, dining out, staying at hotels, conducting a friendly conversation – you'll learn to do it all in Spanish! Conversation, vocabulary & role-playing will be stressed. We will celebrate at a Spanish restaurant the last class. No previous knowledge of Spanish required.

A \$15 materials fee to be paid to Instructor at the first class. (SKIP DAY: 2/22)

S#	Day	Times	Date	Price
01	Wed	12:15-1:45pm	Feb 8 - Mar 22	\$162
02	Wed	6:30-8pm	Feb 8 - Mar 22	\$162

EXPLORE THE HIDDEN TREASURES OF MESOAMERICA

Act. #143565 | @ Warren Building | Instructor: Sherry Ruff | 6 Weeks | Min 6/Max 12

Come explore the hidden treasures of Mesoamerica! Dramatic history, incredible natural wonders, richness of diverse cultures & languages, abundance of the arts, exquisite cuisines! We will "travel" throughout Mesoamerican regions in Mexico & Guatemala. Our "travel itinerary" includes exploration of the history, geography, customs, cultures, languages, arts, cuisines & much more! Travel tips & introductory Spanish travel language are included! We will celebrate at a Spanish restaurant the last class. No previous knowledge of Spanish required.

A \$15 materials fee is paid to the instructor at the first class. (SKIP DAY: 2/22)

S#	Day	Times	Date	Price
01	Wed	2:30-4pm	Feb 1 - Mar 15	\$162

GOTTA LOVE THE DROP IN!



VOLLEYBALL - Drop In

Act. #141102 | Ages 18+ | @ Warren Building | Min 6/Max 20

S#	Day	Times	Date	Price
01	Wed	8-9:30pm	Jan 4 - Mar 22	\$60



BASKETBALL - Drop In

Act. #141200 | Ages 18+ | @ Warren Building | Min 1/Max 25 | Skip Day: 2/18, 2/21

S#	Day	Times	Date	Price
01	Tue	7:15-9pm	Jan 10 - Mar 21	\$45
02	Sat	6:45-8am	Jan 07 - Mar 18	\$45



REGISTRATION
BEGINS @ 10am

Residents:
12/6/22

Non-Residents
12/13/22



LONG TERM CARE



Act. #143648 | **Online Class** | Instructor: Daniel Williams | One Day Class | Min 6/Max 12

The high cost of long-term care can wipe out a family's life savings in a short period of time. Unfortunately, many families are faced with this situation, finding themselves at the mercy of an under-funded government Medicaid system with limited choices. Recent legislative changes have created many questions surrounding planning techniques:

- How can I protect my home?
- What is the penalty for giving assets away?
- Are my assets protected if I put them in a trust?
- When is long-term care insurance worthwhile to consider?
- What if my loved one is already in a nursing home, can they still protect their assets?

All of these questions and more will be clearly answered in this very important class.

About the instructor: Daniel Williams, CLU, CHFC, CFP®, is a Certified Financial Planner and co-founder of the Dover Group. He is a frequent speaker on retirement, estate planning and asset protection strategies and has been named as one of Boston's top planners in Boston Magazine and The Wall Street Journal.

S#	Day	Times	Date	Price
01	Wed	7-9pm	Feb 8	\$25
02	Wed	7-9pm	Mar 8	\$25

UNDERSTANDING MEDICARE



Act. #143650 | **Online Class** | Instructor: Daniel Williams | One Day Class | Min 5/Max 15

If you are close to age 65 or already on Medicare, this class is for you! The class is designed to fully enlighten you on how Medicare works and the different health care choices available to those age 65+.

- How are parts A, B, C and D integrated?
- What is Medicare Advantage?
- What are the pros and cons of HMOs, PPOs, and Medigap plans?
- Should I take Medicare if I am still employed?
- How do I avoid late sign up penalties?
- Does any part of Medicare cover long-term care expenses?

These questions and many more will be answered in this very important class.

S#	Day	Times	Date	Price
01	Wed	7-9pm	Jan 18	\$25
02	Wed	7-9pm	Feb 15	\$25
03	Wed	7-9pm	Mar 22	\$25

DEMYSTIFYING SOCIAL SECURITY



Act. #143651 | **Online Class** | Instructor: Daniel Williams | One Day Class | Min 5/Max 15

Deciding how and when to claim Social Security is one of the most critical financial decisions a person will make in his or her lifetime. By not understanding the many complex rules surrounding Social Security, you could leave thousands of dollars on the table.

- When should I file for benefits?
- What are the advantages and disadvantages of filing at age 62 or deferring to age 70?
- How does the November 2015 rule change affect me?
- How can I make sure I am taking advantage of available spousal, survivor or divorced benefits?
- How much of my Social Security will be subject to income tax?
- What potential changes are in store for Social Security and how might they affect my claiming decision?

These questions and many more will be answered in this very important class.

S#	Day	Times	Date	Price
01	Wed	7-9pm	Feb 01	\$25
02	Wed	7-9pm	Mar 01	\$25
03	Wed	7-9pm	Mar 29	\$25



**REGISTRATION
BEGINS @ 10am**

**Residents:
12/6/22**

**Non-Residents
12/13/22**



Public Health
Prevent. Promote. Protect.

Vellesley Health Department

GET THE LATEST UPDATES...

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Visit wellesleyma.gov/health for more information

WINTER

The Official ▲ Pickleball Page

Pickleball is the fastest growing sport on two feet

PICKLEBALL IS A FAST PACED GAME THAT PEOPLE OF ALL AGES AND ABILITY LEVELS CAN ENJOY.

Currently, there are no dedicated pickleball courts in the Town of Wellesley. Pickleball court lines have been added to select tennis and basketball courts in town. Pickleball players may need to bring their own nets to the various locations (some courts have portable nets).

PICKLEBALL COURT LOCATIONS: (In Season)

Sprague School Courts • Schofield School Courts • Perrin Park

PICKLEBALL @ Warren Building

MONDAYS & TUESDAYS: *These two days are for Wellesley residents ONLY (all ages) and you must reserve your court time.* You can only reserve a week ahead and proof of residency will be required.

Mondays: Jan 9 - Apr 10

(SKIP DAY: 1/16, 1/30, 2/20, 3/6)

- 12 - 1pm: Beginners
- 1 - 2pm: Intermediate
- 2 - 3:00pm: Advanced

Tuesdays: Jan 3 - Apr 11

(SKIP DAY: 2/21, 3/7)

- 12 - 1pm: Beginners
- 1 - 2pm: Intermediate
- 2 - 3pm: Advanced

Reservations are made by calling or visiting the Rec. Office. Twelve people will be allowed per week, per time slot. We have two courts per time slot. The above time are for Wellesley residents only. **\$5/TIME SLOT**

PICKLEBALL: Drop-In

Thursdays: Jan 5 - Apr 14 (SKIP DAY: 1/2, 2/23, 3/2, 3/23)

All levels can play from 11am - 2pm. Drop-in Pickleball is for residents & non-residents. **\$5/DROP-IN FEE**

PICKLEBALL: Beginner

Act. #140235 | Ages 18+ | @ Warren Building

Instructor: Doug Steinberg | Two Day Class | Min: 6/Max: 6

Learn the fundamentals of the game of Pickleball. Recommended for ALL NEW players and players getting back in the game. Includes grip, ready position, safety, basic overview of shots and footwork drills.

Paddle not required. Demos will be available to try at clinic as well.

S#	Day	Times	Date	Price
01	Wed & Thu	10:15-11:45am	Jan 11 - Jan 12	\$72
02	Mon & Wed	10:15-11:45am	Feb 06 - Feb 08	\$72
03	Mon & Wed	10:30am-12pm	Feb 27 - Mar 01	\$72
05	Mon & Wed	10:15-11:45am	Mar 21 - Mar 23	\$72

SMALL CLASS SPECIALTY CLINICS - 90 minute

classes with 4 players focusing on technique and strategy of each stroke along with some game play to reinforce lesson taught. Please only sign up for appropriate level class. Go to: <https://usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/> to self rate. These classes are NOT for beginners and a paddle is not provided.

PICKLEBALL - Volleys

Act. #140238 | @ Warren Building

Instructor: Doug Steinberg | One Day Class | Min 3/Max 4

01-Volleys (Adv. Beg/Low Int.) for advanced beginner to low intermediate player from 3.0 to 3.75 - this player knows how to volley but is looking to learn how to consistently roll a volley and be able to take a volley from at or just below the net.

02-Volleys (Advanced): advanced players from above 3.75 to 4.75 - this player consistently incorporates thirds into games but wants to become an expert.

S#	Day	Times	Date	Price
01	Fri	11am-12:30pm	Feb 17	\$60
02	Thu	12-1:30pm	Mar 02	\$60

PICKLEBALL: Dinks

Act. #140236 | @ Warren Building

Instructor: Doug Steinberg | One Day Class | Min: 3/Max: 4

01 Dinks (Advanced): for advanced players from above 3.75-4.75 - this player consistently incorporates dinking into games but wants to become an expert.

02 Dinks (Adv. Beg/Low Int.): for adv. beginner to low int. from 3.0-3.75 - this player has incorporated dinking into game but not consistently

S#	Day	Times	Date	Price
01	Thu	5-6:30pm	Feb 23	\$60
02	Wed	10:15-11:45am	Mar 8	\$60

PICKLEBALL: Thirds

Act. #140237 | @ Warren Building

Instructor: Doug Steinberg | One Day Class | Min: 3/Max: 4

01 Thirds (Adv. Beg/Low Int): for advanced beginners to low intermediate player from 3.0-3.75. This player has incorporated thirds into game but is not consistent.

02 Thirds (Advanced): for advanced players from above 3.75-4.75. This player consistently incorporates thirds into games but wants to become an expert.

S#	Day	Times	Date	Price
01	Mon	11:30am-1pm	Jan 30	\$60
02	Wed	11:30am-1pm	Feb 1	\$60